



Resting Metabolic Rate (RMR) Test

What is the RMR test?

The RMR test measures your body's metabolism, which is the number of calories your body uses at rest. This is done by measuring your oxygen uptake and CO₂ production. The results assist your provider in determining an appropriate diet for your care.

What is involved in RMR testing?

You will sit in a relaxed state for at least 20 minutes while quietly breathing into a silicon mask that is placed over your nose and mouth. The lights will be turned off in the room to aid in your relaxation.

How long does the RMR appointment last?

Please plan to be there for 30-45 minutes.

What preparation is needed for the test?

To achieve the most accurate results, the following are required:

- Do not have anything to eat or drink except water for 4 hours prior to the test.
- Do not exercise for at least 5 hours prior to the test.
- Take all medications as prescribed.